

# Three-day Silent Meditation Retreat with Ajay and Suruchi from Dharamsala India



Friday, May 8, 4:00 pm to Sunday, May 10, 5:00pm  
at Clair Tappaan Lodge, 19940 Donner Pass Road, Norden, CA 95724  
Ajay and Suruchi have been instrumental in initiating Z Meditation Work, which uses  
Deep Inquiry to dig out conditionings and realize unconditioned peace and love.

*I arrived with unsolvable problems — so I thought... I arrived with pain. Here, I have been shown how to see more clearly. I have been shown how to look deeply and see the difference between illusion and reality. I can see now that I have been looking for happiness outside of myself — I can never find true happiness, true completeness outside.*

*Janet Scott, Reno, NV*



Clair Tappaan Lodge

*After 15 years of meditation practice with wonderful masters, I reconnected with Ajay and Suruchi last year who gave me the kick my practice needed. It has taken me a lifetime(s) to create my thought patterns of fear, jealousy and anger. In less than a year, thru the practice of deconditioning and inquiry, I am tasting true freedom and awakening to my true nature.*

*Cathy Nason, Truckee, CA*

This event is presented by

## For Goodness Sake

530-550-8981

[www.goodnesssake.org](http://www.goodnesssake.org)

Cost for the whole retreat including lodging and meals: **\$225.00**

Partial scholarships available.

Call **530-550-8981** for details and to register.

[www.zmeditation.com](http://www.zmeditation.com)

Six-day silent retreat also available, Friday, May 22 to Wednesday, May 27  
in Inverness, CA - Point Reyes Sea Shore (Cost \$650.00)

Call Cathy Nason for details 530-913-1584

